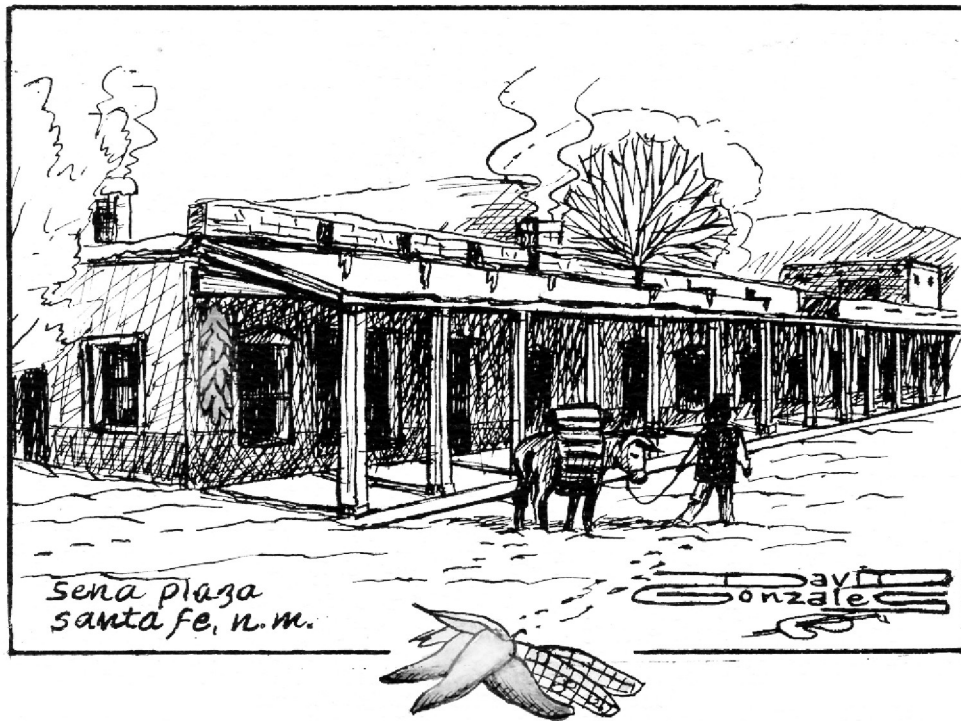


March 2004

# *The Senior Scene Vistas De Los Mayores*

City of Santa Fe  
Division of Senior Services



a complimentary monthly publication

**CITY OF SANTA FE**  
**DIVISION OF SENIOR SERVICES**  
**Administration Office**  
**1121 Alto Street, Santa Fe, New Mexico**  
**Rita B. Maes, Director**

**Administration**

Rita B. Maes, Division Director	955-4799
Patricia Rodriguez, Deputy Director	955-4740
Vacant, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4735

**Nutrition**

Ron Vialpando, Program Manager	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4750
Enrique DeLora, Inventory Technician	955-4750

**Meals On Wheels Kitchen**

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

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Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

**Foster Grandparent/Senior Companion Program**

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Linda Quesada, Section Clerk Typist	955-4733

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743

**In Home Support Services, Respite Care**  
**Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

**Senior Olympics/Physical Fitness**

Patricia Rodriguez, Deputy Director	955-4740
Ron Pacheco, Safe Kids/Safe Seniors	955-4754

**Senior Registration**

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

**Transportation**

Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

**Miscellaneous**

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

**Newsletter Production**

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

**CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.**

<b>CHIMAYO</b>	<b>351-4686</b>
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
<b>EDGEWOOD</b>	<b>281-2515</b>
114 Quail Trail	
Edgewood, New Mexico 87015	
<b>EL RANCHO</b>	<b>455-2195</b>
Community Center	
P.O. Box 3860	
Santa Fe, New Mexico 87501	
<b>ELDORADO</b>	<b>No Phone</b>
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
<b>LUISA</b>	<b>955-4717</b>
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
<b>MARY ESTHER GONZALES</b>	<b>955-4721</b>
1121 Alto St. Santa Fe, New Mexico 87501	

<b>PASATIEMPO (Rose Slade, Coordinator)</b>	<b>955-4755</b>
Kitchen	<b>955-6433</b>
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
<b>RIO EN MEDIO</b>	<b>988-3053</b>
Community Center	
El Alto Lane	
Rio en Medio, NM 87506	
<b>SANTA CRUZ</b>	<b>753-8598</b>
Abedon Lopez Community Center	
Santa Cruz, New Mexico 87567	
<b>VENTANA DE VIDA (Pacheco)</b>	<b>955-6731</b>
1500 Pacheco St.	
Santa Fe, NM 87505	
<b>VILLA CONSUELO</b>	<b>474-5431</b>
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

# DIRECTOR'S REPORT

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Dear Seniors:

The **City of Santa Fe Division of Senior Services** together with **Open Hands** will host a public hearing on the **Older American Act** and the development of the four-year plan on March 19, 2004, at 9:30 a.m. at the MEG Senior Center dining hall.

The **Older American Act** was enacted into law in 1965 to ensure provision of services to America's elderly population. The Division of Senior Services of the City of Santa Fe administers the following programs, providing a comprehensive social service delivery system. Your input on the following program services is critical to our planning and implementation process:

- Transportation
- Congregate Meals
- Meals on Wheels
- Home Health Care
- Respite Services
- Homemaker Services
- Health and Fitness
- Safe Kid/Safe Seniors
- Retired Senior Volunteer Program
- Senior Companionship Program
- Foster Grandparents Program
- Recreational Activities
- Education Workshops
- Open Hands Day Care Services for Elders

Written comments are encouraged and should be forwarded to:

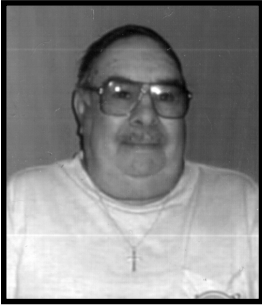
Division of Senior Services  
Attn: Rita B. Maes, Director  
P.O. Box 909  
Santa Fe, New Mexico 87504-0909

For more information call 955-4799.



A stylized, handwritten signature in dark ink, appearing to read 'Rita'.

# NEWS & VIEWS



## He will be missed...

**Jose N. Roybal** of Santa Fe passed away Friday, February 20, 2004. He was preceded in death by his wife, Carmelita Roybal; sons Johnny Loveless and Joey Roybal, and great grandson, Ivan Loveless.

Jose was born August 28, 1923 in Las Vegas, NM, the son of Julian and Ramona Roybal. He married Carmelita (Lena) Roybal on September 21, 1948 in Santa Fe.

He is survived by his loving companion of four years, Tina Valdez; daughters: Ruby Loveless Black, Jane Gonzales, Elizabeth Roybal, Cathy Nichols and husband Patrick; sons: Joseph Roybal and James H. Black and a very large extended family.

Jose was an active member of St. John the Baptist Catholic Church where he served as an usher, and the Mary Esther Gonzales Senior Center, where he was an avid bingo player. We will all miss his joking and smiles.

## What is the Senior Services Definition of a Senior?

According to the Older American's Act a person must be 60 years of age or older in order to be eligible to receive services from a senior program.

To be entitled to participate in senior programs, one or more of the following criteria must be met:

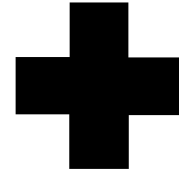
1. Be sixty (60) years of age or older; and/or
2. Be the spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing-regardless of age (for congregate meals service only);
4. Be an active, registered Retired and Senior Volunteer (RSVP) age 55 or older; and must  
Be an enrolled member of the DSS, having obtained their official "Senior Center Membership I.D. Card".

Individuals who currently possess a Senior Membership I.D. card, but are no longer married to an eligible senior and/or do not meet the above eligibility criteria, **are no longer eligible to receive services such as congregate meals, transportation, activities etc.** Those people must return their Senior Membership I.D. card to our office. Please give your I.D. card to the DSS Transportation driver or to Gloria at the MEG Center.

If you have any questions, please call Brenda Ortiz or Rita B. Maes at 955-4721.

## PACKET FOR LIFE

EMT: SEE REFRIGERATOR DOOR FOR  
COMPLETE MEDICAL INFORMATION



Sponsored by City of Santa Fe  
Division of Senior Services  
505-955-4721

## Packets for Life

It is very simple. You have a sticker on your front door to let Emergency Medical Technicians (EMTs) know that, on your refrigerator door, there is a small baggie with a similar sticker, containing a form with your vital medical information.

RSVP staff and volunteers will be assisting any interested seniors with filling out the form and folding it into the baggie, ready for putting on the refrigerator. Then, if there is ever an emergency where the EMTs are called, they will have easy access to medical information that could save your life.

Come to the Villa Consuelo Senior Center on Wednesday March 17<sup>th</sup> at 11:30 for your free Packet for Life (and join us at the monthly potluck). We will help you fill out your form and show you how the packets work. Please bring your emergency contact and medical information with you.

## Do You Enjoy Craft Projects?

We are looking for 8 – 10 people to help create seasonal baskets, flower arrangements, table top decorations, etc. The items will be delivered to clients of Odyssey Hospice, to brighten their last months of life. Would you enjoy gathering once a month for an hour or so to work on these projects at the Mary Esther Gonzales Senior Center? If so, call Kristin at 955-4760.

## Thank You, Cartwright Plumbing

The Division of Senior Services would like to send its most heartfelt gratitude to the staff of Cartwright Plumbing, for their continued support of our programs to assist needy seniors. For their community spirit and generosity, we applaud them. Thank you, Cartwright!

# NEWS & VIEWS continued

## Introduction to Aging Course

AARP and the Santa Fe Community College invite you to learn more about issues facing the elderly. Since the early 20<sup>th</sup> Century, national and state public policy makers have been addressing the needs of the elderly. This four week course will provide an overview of the federal and state programs that aid elderly Americans. It will also provide insights into who speaks for older adults in Washington D.C. and in Santa Fe. The various care giving programs available to the elderly will be reviewed as well as an insight into consumer issues that are important to older adults. Emerging trends for today's elderly will also be discussed. Instructors consist of members of the AARP New Mexico state office as well as guest speakers who are experts in the field of aging.

Course number: SR33990036T

This is a four week course held every Wednesday 2:00 to 4:00 p.m., beginning March 3<sup>rd</sup>.

Course cost \$29.00

You can register by visiting the college at 6401 Richards Ave. or by calling 428-1267, or online at [www.saccnm.edu](http://www.saccnm.edu) & follow the links to continuing education, or by fax 428-1468.

## SENIOR TRANSPORTATION INFORMATION

**Cost:** Seniors age 60 or over .25¢ suggested donation per one way trip  
Under 60, but ADA \$2.00 required per one way trip

**Scheduling:** Call for an appointment 24 hours in advance, before 3:00 p.m.  
Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays  
8:00 a.m. to 4:30 p.m. Mon, Wed, Thurs and Friday.

**Call:** Fran Rodriguez, Transportation Dispatcher at 955-4700

**Note:** Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

## Need Help with Heating Costs?

Call the N.M. Aging and Long-Term Care Department (formerly the State Agency on Aging) at 1 (800) 432-2080 to find out about LIHEAP, the Low Income Heat and Energy Assistance Program.



## Employment Opportunity for Seniors

Villa Linda Mall is seeking staff for its Customer Service Counter in the food court. They have openings for friendly, reliable, organized people to work 6:00 to 9:30 p.m. shifts, any evening of the week. Staff will run the cash register, sell gift certificates, answer the phones, rent out strollers, and answer questions. Pay is \$10.00 per hour. For more information, please call Katie or Jean at 473-4253.

## Support Group Meetings

**Alzheimer's Disease and Related Disorders Association-** Third Thursday/month 6:00 p.m. at Sierra Vista Retirement, 402 Rodeo Road. For information, call 986-9696.



**Caregivers' Support Group-** First Wednesday/month 10:30 to 11:30 a.m. at 2006 Botolph Rd, second floor, suite A. Sponsored by Heritage Home Healthcare. For information, call 983-6700.

**Lupus Support Group-** First Wednesday/month 12:00 to 1:00 p.m. at 2006 Botolph Rd, second floor, suite A. Sponsored by Heritage Home Healthcare. For information, call 983-6700.

**Parenting Grandparents Support Group-** Every Thursday 4:30pm at Catholic Charities at 4985 Airport Road. For information, call 424-9789.

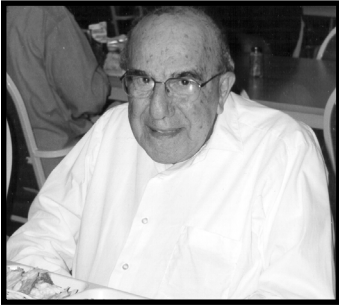
**Peer Support for Blind and Visually Impaired-** Second Thursday/month 10:00 to 11:00 a.m. at Pasatiempo Senior Center, 664 Alta Vista St. For Information, call Elaine Garcia at 827-4479.

**Santa Fe County Diabetes Support Group-** Fourth Wednesday, every odd month 10:00 a.m. to noon at the County Extension Building 3229 Rodeo Road. For information, call 471-4711.

## Exact Change, Please

It is greatly appreciated when you bring exact change, or at least small bills, to pay for your meals at the senior centers. Breakfast is now \$1 for seniors and lunch is \$1.50. Thank you for your consideration.





## A Birthday Tribute to Simon Arzigian

For years, senior Simon Arzigian of Edgewood, New Mexico, has been writing wonderful, thoughtful reflections and commentaries (like the one

here which he wrote in August of 2002), then submitting them to the *Senior Scene* for publication. As this is the month of his birthday, we thought we would take a moment to recognize his valuable contributions to this newsletter, and therefore to the senior community of northern New Mexico.

Simon was born on March 20, 1921 in the small city of Lawrence, Massachusetts. He graduated from high school there in 1939, with nothing but work in a textile mill to look forward to (if he was lucky). But, President Roosevelt created the Civilian Conservation Corps, and Simon got an unexpected opportunity. He joined up and was sent to Colorado for six months to assist farmers there with tasks such as digging irrigation ditches or stringing barbed wire.

In 1945, he joined the Army and was sent to North Africa and Europe. He served proudly, and then returned to America. By then, the G.I. Bill had been created, allowing military personnel to go to college. Simon eagerly signed up for as much education as he could get. That led to various positions with the U.S. Defense Department in Washington D.C.

But, the most exciting event in Simon's life was meeting the woman of his dreams. Simon asked her to marry him and they happily started a family.

After a lifetime of living and working in the East, Simon moved to New Mexico in September of 1995 to be closer to his family. Here, he writes his commentaries, visits the senior center, and, most importantly, spends time with his beloved grand daughters.

Happy birthday, Simon, and thank you for all you do!



## One Day at a Time

(Written by Edgewood Senior Simon Arzigian)

Recently I was unexpectedly, and apparently necessarily, hospitalized. Fortunately the hospital stay was brief and I was allowed to go home and "carry on with my normal activities." Happy day. While in the hospital I had time to think about lots of things, but one thing in particular stood out, it was the phrase, "Take one day at a time." I had heard that phrase many times before, and had even used it myself, but had not really thought it through. I decided to try to not worry about what might be tomorrow or the next day but to concentrate on the present. I believe that attitude helped me in a positive way. I wonder if others who use the phrase understand its deeper meaning and its significance to their lives. It seems to me that to fully implement that concept one would have to work at it pretty hard. I won't say it's easy because it isn't easy to put into practice. I believe the important thing is to at least make the effort. It is human nature to think about tomorrow and to sometimes worry about what may take place then.



Even our sacred texts tell us not to worry about tomorrow, "For tomorrow will worry about its own things, sufficient for the day is its own troubles." It is one thing to plan in order to transition smoothly from the present to the future. It is quite another thing to worry about events that may or may not even occur.

So what are we to make of all this? Well for myself, I will try even harder to live each day as fully as I can and do what needs doing that day as best as I can. When tomorrow comes I'll try to do the same for that day, and in the future taking one day at a time. I cast my vote for the concept and ask others to think about adding their votes also.



## Ventana de Vida Toastmasters Club

You are cordially invited to attend the Toastmaster's Club at Ventana de Vida senior community, at 1500 Pacheco St. Please join us every Wednesday (note new day) at 4:00 p.m., in the dining room.

This "Window of Life" Toastmaster's Club is especially for senior men and women to practice our thinking, listening and speaking skills, in a peer supportive atmosphere.

We have many interesting and varied stories to tell. You, too, have many experiences that we hope you might wish to share with us. We would like to hear *your* story. This invitation is presented by Thelma (phone 989-1263).

## Santa Fe Rape Crisis Center Grand Opening

Come see the beautiful new facility that was especially built for the Santa Fe Rape Crisis Center! There will be speakers and refreshments as well as walking tours of the building. See the facility and tell all your friends that it is available for the whole community.

The building is at 6601 Valentine Way, on the corner of Country Club Dr., just off of Airport Rd. The opening event is on Saturday, March 6<sup>th</sup> at 2:00 p.m.

Also, the next volunteer training is on March 6<sup>th</sup> and 7<sup>th</sup>, if you are interested in helping victims of sexual violence by answering phones on their hotline.

For more information, call the Rape Crisis Center at 988-1951.

## Congressman Udall

New Mexico Congressman Tom Udall will hold a Town Hall meeting at the Mary Esther Gonzales Senior Center at 1121 Alto Street on Monday, April 5, starting at noon.

## Homewise Home Improvement Program

Homewise, a nonprofit organization, was founded as Neighborhood Housing Services of Santa Fe in 1986. The mission of Homewise is to help modest-income New Mexicans become successful homeowners in order to strengthen families, create wealth, and build communities.

Homewise helps you with repairs to make your home safe and comfortable by providing financing, construction expertise, and contractor connections.

For more information, call them at 983-6214.

## Turn Around, Don't Drown

(from the New Mexico Floodplain Managers' Association and the National Weather Service)

Each year, more deaths occur due to flooding than from any other thunderstorm-related hazard. Why? People underestimate the force and power of water. Six inches of fast-moving flood water can knock you off your feet and you can not tell the depth of the water or the condition of the road, just by looking. Many of these deaths occur in automobiles as they are swept downstream, after people drive around the barriers that warn you the road is flooded.

There are a few simple precautions you can take. Whether you are driving or walking, if you come to a flooded road, **turn around, don't drown**. During the rainy season, monitor the radio or television for weather related information. If flooding occurs, get to higher ground and avoid areas already flooded. Never drive through flooded roadways. Do not park or camp along streams and arroyos during threatening conditions. Be especially cautious at night when it is harder to recognize flood dangers.

For more information, go to [www.nmfma.org](http://www.nmfma.org)

Los Dichos de Mi Padre,  
Federico Crespín  
(Por Eva Bachicha)

La verdad no peca, pero incomida.  
The truth is not a sin, but it is  
uncomfortable.

Si puedes, bien, y si no tambien.  
If you can, fine, if you can not, fine.

Una vez es gracia, ya dos no pasa.  
One time is grace,  
but twice does not pass.

No te apures por la muerte,  
solita viene.  
Don't hurry for death,  
it comes by itself.

# NEWS & VIEWS continued

## ECHO Commodities Food Distribution

**At the County Extension  
Building. 3229 Rodeo Rd.  
Third Tuesday of every month  
9:30 a.m. - 1:30 p.m.  
Next distribution March 16.**



### Commodities: For Your Information

Please be aware that the Division of Senior Services has no official oversight of any commodity distribution (we never have had oversight with ECHO, and we no longer do with USDA). Our staff simply facilitates ECHO and some of our volunteers give of their time to assist with the process. But, all decisions about who qualifies, who may pick up for whom, what paperwork is required, how many boxes a household can receive, what to do if your box was incomplete or the food ran out before you got any, etc. are up to the staff at the ECHO office in Albuquerque. If you ever have any questions regarding those issues, please call them directly at (505) 242-6777.

As to the issue of USDA commodities, that program is out of the hands of Senior Services. Our contract for receiving the food to distribute was not renewed. All we know is what we learned through the Food Depot.

They informed us that only Bienvenidos is distributing USDA commodities in Santa Fe.

Bienvenidos seems to be overwhelmed by all the seniors going there for food, so they keep changing their distribution schedule and information. Rather than confuse or mislead you again, we will not run information about any other distribution except ECHO in this newsletter. You are welcome to call Bienvenidos at 986-0583.

### Santa Fe Women's Ensemble

This is the Women's Ensemble's 23<sup>rd</sup> season of choral concerts. "A Spring Offering" includes pieces by Montaverdi, Naomi Stephan and Franz Biebl. Performances are March 6 and 7 at 3:00 p.m. at El Santuario de Guadalupe. Tickets are \$20. Call 954-4922 for information.

## Cans of Food Piling up at Home?

It has come to our attention that some seniors have a lot of canned food from commodities distributions piling up at home. They get ECHO commodities every month because they really enjoy the cheese and cereal, but they do not use all the canned goods.

If that is the case with you, you might consider clearing some of the excess food out of your house. First, dispose of any food that is past the expiration date or indented cans. Then, bring the rest to the bin in the lobby of the Mary Esther Gonzales Senior Center. If you take Senior Transportation but you don't often get to the M.E.G. Center, you can give a bag of cans to your driver to bring them in for you.

We will donate it to the Santa Fe Boys and Girls Clubs for low-income children & families. We thank you in advance for your generosity.

## Upcoming Theater in Santa Fe

### Beauty and the Beast

The classic tale of a young woman who falls in love with a "beast" is set to much of the familiar Disney music.



Presented by Pandemonium Productions Children's Theater Company

April 16 & 17 at 7:00 p.m. and April 18, 24 & 25 at 2:00 p.m. Call 982-3327

At the James A. Little Theatre on the campus of the School for the Deaf

### Long Day's Journey into Night

This story of love, hate, regret, envy, affection and humor is one of Eugene O'Neill's most acclaimed. Only an artist of his skill and ruthless honesty could carry an audience into the life of his own family and, through this journey, lead viewers into the inner workings and depths of all lives.

March 4-28 evening shows at 8:00 p.m., matinees at 2:00 p.m. Call 988-4262

At the Santa Fe Playhouse, 142 E. DeVargas Street



# NEWS & VIEWS continued

## Community Development Division

(From the Community Development Newsletter February/March 2004)

The Community Development Division (CDD) is a section of the City of Santa Fe. They seek to provide all Santa Feans a range of opportunities, programs and services. One of the main ways they meet this goal is by providing funding for community-wide programs and services that enrich the lives and protect the welfare of all citizens.

Annually, more than 100 nonprofit organizations receive a total of over \$3.5 million in funding through the Arts, Children and Youth, Community Development, and Human Services commissions. Services supported through CDD funding include medical services for low-income families; after school programs in the public schools; performing arts for the elderly and special needs individuals in residential care facilities; and emergency shelter for abused and neglected youth, just to name a few.

The eligibility and project requirements vary depending on the program. Generally, applicants must be a tax-exempt, nonprofit agency. They are also required to have a New Mexico Incorporation Certificate and all applicable licenses. Additionally, organizations must demonstrate fiscal and administrative capacity.

For more information, contact:

Arts Commission: Debra Garcia y Griego 955-6707  
Children and Youth Commission: Lynn Hathaway 955-6678

Community Development Block Grant: Frank Romero 955-6917

Human Services: A. Terrie Rodriguez 955-6914

## Caregiver Support Group

The Division of Senior Services and Friends in Deed Peer Support and Guidance Group present another caregiver support group meeting. Velma Aurellano, Executive Director of Sierra Vista Retirement Community will present on the Beginning Stages of Alzheimer's Disease.

Luisa Senior Center, 1522 Luisa St.

Wednesday, March 24

From 1:00 to 3:30 p.m.

For information, call 955-4745.

## New Resource on Aging

(From *AARP Connections*, February 2004)

The internet contains a lot of information on aging, but it's not always easy to find what you're looking for. A new tool from AARP can help. Produced by the Research Information Center, AARP's Internet Resources on Aging describes more than 500 of the best of these sites. Each contains information of value to persons 50 and over and those who care about them.

Find and link to aging-related sites specific to each state, organizations of older persons, directories of aging-related resources, Social Security and Medicare sites, federal government sites, housing and long-term care directories, general law resources, statistics and reference databases, sites specific to particular medical conditions and disabilities, and much more. There are also recreational sites dealing with genealogy and reminiscence and even a chat room for people 50 and over.

The web site is [www.aarp.org/internetresources](http://www.aarp.org/internetresources)



## Attention: Medicaid Recipients

The Division of Senior Services is now certified to receive Medicaid reimbursements for medically-related transportation services.

If you currently receive Medicaid benefits and you use Senior Services Transportation for rides to doctor's appointments or pharmacy business, etc., Senior Services can receive reimbursement for those rides.

Help Senior Services help you by bringing this earned money into our program.

Please contact Cristina Villa, DSS Transportation Administrative Secretary at 955-4703.

## **FREE TAX AIDE**

**A joint service provided by the  
Division of Senior Services & AARP**



Trained volunteers will complete your Tax Year 2003  
Income Tax return, free of charge.

Appointments are not necessary, but people will be asked to sign in  
and will be helped in that order, with the exception that seniors (those  
over 60) will be given preference over non-seniors.

*At the Genoveva Chavez Community Center  
3221 Rodeo Road in Santa Fe*

*Mondays through Fridays 9:00 a.m. to 2:00 p.m.*

*Saturdays 9:00 a.m. to 12:00 p.m.*

*February 2<sup>nd</sup> through April 15<sup>th</sup>*

If you have your tax returns from Tax Year 2002, please bring them  
with you to speed up the process.

Most seniors are eligible for rebates,  
even if they did not receive any income in 2003.

**Please come find out what rebates you are eligible for.**

If you have questions, please call Gloria at 955-4721

# LEGAL & CONSUMER INFORMATION

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## **Rx. Discount Card Scams**

(From New Mexico Aging and Long-Term Care Department)

Medicare beneficiaries are receiving telephone calls regarding the purchase of a Medicare Discount card that would cover prescription drugs. Some callers may identify themselves as being from the Medicare Program. The caller might even ask the consumers for their checking account number- the reason? They say it is to expedite issuing a discount card (not true, they just want access to your checking account!)

Or, the beneficiary may receive a card through the mail. The card is entitled "Important Information Regarding New and Expanded Benefits in your Medicare". This card asks the beneficiary to return the card for additional information and the next thing you know, someone may appear at the beneficiary's door, in person, wanting to come in.

If this happens to you, please do not let them into your home! They are not from Medicare.

Applications are not yet available to subscribe for a prescription drug discount card and Medicare does not anticipate having prescription card information available to the public until April or May.

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## **Pointless Policies**

(By Russell Wild, from the AARP Magazine, March/April 2004)

Don't fall for these no-win insurance offers. Sure, you know that some insurance offers are bad deals; rental car policies, extended warranties on small electronics, flight insurance you buy at airports. Useless policies, however, aren't limited to obvious rip-offs. Watch your mailbox for these three sound-good-but-really-aren't offers-and then toss 'em in the trash.

**Credit Card Loss Protection** This supposedly protects you from liability if someone steals your card and racks up big charges. But guess what? Federal law limits your loss to \$50, so even if a criminal goes on a spending spree with your card, you won't lose your house or your life savings to pay for it-which means there's no reason to waste \$200 a year on the coverage.

**Cancer Insurance** It can cost more than \$400 a year-and it's not worth it. "The insurance companies know that people dread cancer," says Robert O. Weagley, Ph.D., a certified financial planner and consumer and family economics expert at the University of Missouri-

Columbia. "But most people never get cancer. You need a good general policy that covers all health perils-not a policy that covers one disease."

**Life Insurance** Okay, there's nothing wrong with life insurance-unless you buy it from a credit card or mortgage company. "If you're worried that your spouse or children might not be able to pay off your mortgage, buy a term life insurance company directly from an insurance company," Weagley says. "You'll spend half as much or even less."

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## **NEW MEXICO MEDBANK**

(From the New Mexico Aging and Long-Term Care Dept.)

### **Help for People Who Can't Afford Their Prescription Drugs**

New Mexico MEDBANK helps people of all ages get their prescription medications free from the pharmaceutical companies' (PhRMA) patient assistance programs.

Who is eligible? Each drug company has its own guidelines for eligibility but they all usually require the patient to be low to middle income, needing medications to treat long-term conditions, have no insurance to pay for the drugs and not be eligible for, or not be enrolled in, other types of assistance programs.

In order for New Mexico MEDBANK to assist you, they also need the participation of your doctor or medical provider. They will need to sign forms, write prescriptions, and receive shipment of the drugs to give to you.

How much does it cost? It is absolutely free.

What medications are available? Only brand name prescription medications can be obtained through the drug companies' patient assistance programs, but not all brand name medications are available. Patient assistance programs do not assist with generic medications, injectable drugs (except insulin), test strips, needles, nicotine patches, some narcotics or vitamins. However, New Mexico MEDBANK may be able to help you find other programs to help you pay for these medications.

How does this program work? You will need to provide certain information that will be entered onto an application form for the drug company. Your doctor will need to sign the application as well, and you will need (continued on next page)

# LEGAL & CONSUMER INFORMATION

(Continued from previous page)

to provide proof of income. Then you mail it to the drug company. Usually a 90-day supply is sent to your doctors for you to pick up, remember if you take medications from separate companies you will need one form for each.

For more information, call (800) 432-2080 or locally 827-7640.

## On-Line Investing Tips

(From the New Mexico Regulation and Licensing Securities Division)

Click. You just sent your first on-line order to purchase 100 shares of that stock you've had your eye on. In doing so, you've joined the ranks of millions of Americans who have on-line brokerage accounts, entering an exciting new world with unprecedented access to state-of-the-art research, analysis, and trade execution services. Along with these new tools, however, comes a new set of responsibilities. Here is a list of some topics to keep in mind.



- Do your homework- just because it is simple to do, does not mean you should not research first.
- Consider the source of any information you receive on line.
- Anticipate occasional delays and breakdowns with the internet.
- Have a plan for dealing with volatile markets.
- Avoid risky techniques.
- Realize that on-line investing requires you to be self-directed.

For a complete brochure on these tips, or for more information, call 827-7140.

## Institutional Care Medicaid

(From *Senior Supplement* January 2002 an educational service of Lawyer Referral for the Elderly)

### How is eligibility determined for long-term nursing home care?

To qualify for Institutional Care Medicaid benefits, individuals must meet certain common requirements, such as age and citizenship criteria, and show that they require nursing home care as certified by a physician. In addition, all Medicaid recipients must meet the Medicaid financial eligibility requirements. Medicaid eligibility requirements differ for a single person as compared to married individuals in need of long term nursing home care.

### What are Medicaid resource requirements for single individuals?

If the person requiring nursing home care is single, owns his or her own home and indicates an intent of possibly coming back home, even if only for end-of-life, the Medicaid policy is to not consider the home a resource that must be sold. Medicaid allows the recipient to have a pre-paid burial services agreement or a burial account of \$1,500, personal resources not to exceed \$2,000, a car if it meets one of the specified Medicaid conditions, and a monthly income (check for current figures).

### What are the Medicaid requirements for married couples?

The recipient is given the same burial, income and personal resources allowances as the single individual, and, in addition, certain community assets are protected by the Community Spouse Resource Allowance. The income for the spouses is usually calculated by combining the incomes of both spouses and dividing by two. The recipient's spouse may request additional income to pay living expenses and if the Medicaid recipient's income is the lower amount, only that income is used to determine eligibility. The spouse may retain a car, regardless of value, as an excluded resource, so long as the car is needed for transportation to work or medical care.

For more information call 800-876-6657.

# RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS

*The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.*

Want to help Santa Fe families get a good home? You can help **Habitat for Humanity** build more houses this year in partnership with families that need a quality, affordable home. You do not need to be physically active or skilled to help them. They need volunteers to help in their office, in their resale store, or at the construction sites. You volunteer for any time period that is convenient for you. Experience is not necessary. They train and provide all tools, equipment and support needed. Your valuable time and effort can help make affordable housing a realistic goal for Santa Fe County residents.

Support the arts!  
The **Center for Contemporary Arts** on Old Pecos Trail is always on the lookout for volunteers who care about the arts and enjoy working with people.



CCA would love additional volunteers as front desk reception, greeters at special events or ticket takers for film festivals and live performances. They often need gallery sitters to host visitors at CCA's warehouse gallery exhibitions.

As a volunteer, you will receive the satisfaction of knowing you make the innovative and vital work of CCA possible. You will also be given film passes and/or free entrance to the performances you volunteer for.

Here's a volunteer opportunity that's fun, easy and enriching. What could be stopping you? Let's enroll you today!

**Sierra Vista Retirement Community** is a small, very personal assisted-living facility specializing in Alzheimer's and dementia care in Santa Fe. They are looking for a few volunteers to pitch in so the staff can give more one-on-one care to residents. They need assistance with answering the telephone, giving tours of the facility, and visiting with the residents. They would be happy to work around your schedule, but they especially need a hand on Tuesday mornings and weekends. This cheerful, caring environment is an enjoyable place to spend your time.



Friends of the Library is the volunteer group that supports the Santa Fe Public Library. They sell used books out of a tiny shop in the Main Library on Washington Ave. Each volunteer has a weekly shift of a few hours, during which they assist customers, shelve

new donations, and keep the store in order. The **Friends of the Library Board of Directors** is seeking new members. Aside from regular meetings (on the last Tuesday afternoon of each month), members are needed for an assortment of tasks. The Board is looking for members to do some editorial work on their newsletter, help with mailings, and sit at the Friends of the Library table at public events for outreach and volunteer recruitment.

**The Santa Fe Children's Museum** is a big, happy, busy place where children play and learn, laugh and discover new things.

You can interact with children at the exhibits by explaining how and why things work. You can sit or stand to do this and stay at one exhibit for a while or move from one to another.

Another volunteer job there is to sell games, toys and other items at the gift shop. This job includes tidying displays, answering questions, and using the cash register. You may even help collect admission fees from incoming families.

# RSVP continued

## ***It's the End of Another Quarter***

*RSVP Members- please remember to turn in all of your volunteers hours worked during January, February and March by March 26, so we can get our report in on time. If you are unable to mail or bring your calendars in to us, please at least call us with your total hours worked each month. Our number is 955-4760, and you can leave a detailed message if we are out of the office. Thank you so much.*

## **Why I Serve**

RSVP, SCP and FGP are all members of Senior Corps, which is a part of the AmeriCorps volunteer service programs. The following is a poem by Lisa Braulick, of her experience teaching as an AmeriCorps volunteer.

There came a day, I said "Forget it!  
Teaching children is not for me."  
Then a little boy exclaimed, "OH, now I get it!"  
So I continued teaching happily.  
I cannot say my life's a bore,  
Especially since I'm an AmeriCorps  
member who, without a doubt,  
determines to make a child's pout  
turn upside down and then learn why,  
a smile is better than a sigh.  
It's amazing when we see them blossom,  
Knowing "I helped a child" feels so awesome.  
Life's not about what I deserve...  
And that is why I serve.

## **Volunteer Tax Reminders**

If you drove your own vehicle to and from your volunteer job in 2003, you may be able to deduct some amounts you pay in giving services to a qualified organization.

For your car, you can deduct unreimbursed out-of-pocket expenses, such as the cost of gas and oil, which are directly related to the use of your car in giving services to a charitable organization. You cannot deduct any part of general repair and maintenance expense, depreciation, registration fees, or the costs of tires and insurance.

If you do not want to deduct your actual expenses, you can use a standard mileage rate of 14 cents a mile to figure your contribution.

You can deduct parking fees whether you use your actual expenses or the standard mileage rate.

You must keep reliable written records of your car expenses.

To get forms, go to [www.irs.gov](http://www.irs.gov)



**The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of**

## **March**

Josephine Bassett	3/1	Terri C. Gonzales	3/14
Stella Gonzales	3/1	Carmen Marquez	3/14
Susan B. Clough	3/2	Matilda Romero	3/14
Rosina Contreras	3/2	Toni L. Chapman	3/15
Alfredia Quick	3/2	Walter J. Backus	3/16
Leslie V. McCammon	3/3	Bernie Ortega	3/16
Casimiro Quintana	3/4	Joan Sudborough	3/16
Art Lucero	3/5	Pablita "Polly" Baca	3/17
Barbara E. Mason	3/5	Christine Fidel	3/17
Lucille Smith	3/5	Patricia Rodriguez	3/17
Archie Cordova	3/6	Aurora G. Salazar	3/17
Gloria P. Holladay	3/6	Annie L. Sandoval	3/18
Victoria Lucero	3/6	Betty Newman	3/19
Robert J. Montalvo	3/7	Simon Arzigian	3/20
William A. Morrison	3/8	Gloria H. Trujillo	3/20
Andres V. Romero	3/8	Bernie Jaramillo	3/21
Nick Farley	3/9	Silverio Martinez	3/23
Mary V. Martinez	3/9	Connie Encinias	3/24
Clara Gallegos	3/10	Iris Moro	3/26
Juliana McCluggage	3/10	Arturo Ortiz	3/26
Isabel Oesterreicher	3/10	Roger H. Roybal	3/26
Edith Trujillo	3/10	William A. Starkovich	3/26
Anna V. Trujillo	3/11	Mary Carrillo	3/28
Margaret Gonzales	3/12	Al Gonzales	3/28
M. Darlene Hart	3/12	Consuelo Medina	3/28
Suzanne A. Shaw-Chavez	3/12	Ramona Ruybalid	3/28
Silviano Torrez	3/12	Waldo Anton	3/30
Alberta Bodenner	3/13	Patricio A. Garcia	3/31
Valerie Dorcey	3/13	Jindra Kalus	3/31
William Gilmore	3/13	Dorothy A. Quintana	3/31
Gerald Heggen	3/13	Becky Runer	3/31
David C. Zerbst	3/13		

Also, a happy belated birthday to volunteer Floyd Silva, who's birthday was in February!

## **Have a Great Day!**



# ACTIVITIES

## Bingo Schedule:

Monday - Ventana de Vida  
Senior Center,  
1500 Pacheco St.,  
1:15 p.m.

M.E.G. Senior Center,  
1121 Alto Street,  
1:00 p.m.

Tuesday - Villa Consuelo Senior  
Center, 1200 Camino  
Consuelo, 11:00 a.m.

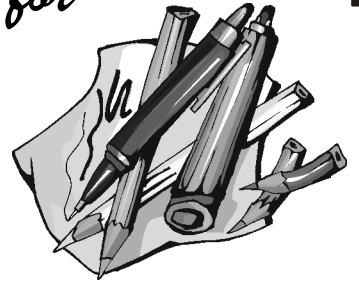
Wednesday - M.E.G. Senior  
Center, 1121 Alto  
Street, 1:00 p.m.

Thursday - Villa Consuelo Senior  
Center, 1200 Camino  
Consuelo, 11:00 a.m.

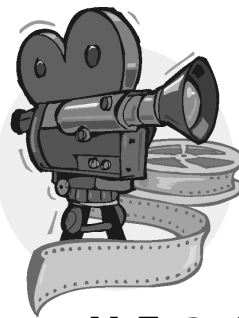
Friday - Luisa Senior Center,  
Off Columbia Street,  
1:00 p.m.

*Come join us for*

*Open  
Crafts*



*at Ventana de Vida  
Fridays at 1:15  
Instructor: Fay Robins*



## Senior Center Movie Days

**M.E.G. "Finding Nemo"**  
**Tuesday, March 9 1:00 pm**

(and every second Tuesday of the month)

**Luisa "Chicago"**

**Wednesday, March 31 1:00 pm**

(and every last Wednesday of the month)

**FREE Popcorn and Sodas**

## **New!** **Leatherwork Class**

M.E.G. Senior Center  
Tuesdays at 9:00am  
Starting March 2  
Instructor: Ben Martinez

## **Beginning Spanish Class**

Ventana de Vida  
Senior Center  
Wednesdays at 1:00pm  
Instructor: Daniel Gurule

# ACTIVITIES

## Travel Committee Trip

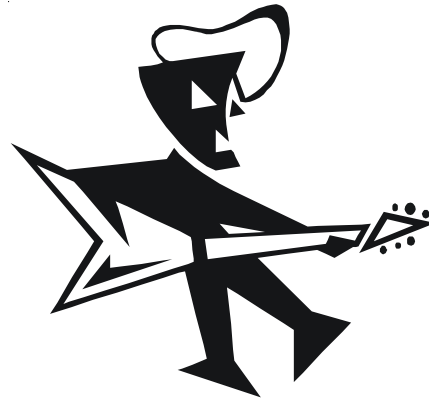
**Branson, MI, 7-Day trip  
October 17-23, 2004**

Cost: \$940.00 double occupancy  
\$1,160 single occupancy

Price includes:

- Transportation by Deluxe Motorcoach
- Baggage Handling (for one piece)
- 6 Nights Lodging at Excellent Properties
- 4 Continental Breakfasts, 1 Breakfast, 1 Lunch, 2 Dinners
- Guided Tour of Eureka Springs
- Admission to the following great shows\*:

Andy Williams  
Great Passion Play



Shoji Tabuchi  
Yakov Smirnoff  
Red Skelton Tribute  
Pine Mountain Jamboree  
Dusty Rogers & the High Riders

*\*Shows may be changed by the theaters.*

For more information or to sign-up, call  
Virginia Lucero at 983-8853.

## St. Patrick's Day Party with Dancing



Wednesday, March 17th  
12 noon to 2:00

Pasatiempo Senior Center  
Featuring Savor  
Sponsored by Outside-In



## NEW LINE DANCING CLASS

The Pasatiempo Senior Center  
will now have two separate classes  
for line dancing.

Beginners' Class Tuesdays  
12:30 – 1:30

Advanced Class Tuesdays  
1:30 – 3:00

Instructor: Judi Beare

# ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.  
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	<b>CHIMAYO</b> Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Inter. Spanish Adv. Spanish Beg. Line Dancing Adv. Line Dancing Sing-A-Long (Span.) Sewing Tai Chi Sounds of the Past (English)	<b>PASATIEMPO</b> Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Thursday Monday	8:00 am 9:00 am 10:00 am 8:30 am 9:00 am 1:00 pm 12:30 pm 1:30 pm 11:30 am 1:00 pm 9:00 am 11:30 am
Board Games Ping-Pong Ceramics (beg.) Ceramics Leatherwork Sing-A-Long Art Technique	<b>EDGEWOOD</b> Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm		<b>RIO EN MEDIO</b> Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	<b>EL RANCHO</b> Mon./Wed. Monday Wednesday Tues./Wed. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Liquid Embroidery Ceramics Bingo	<b>SANTA CRUZ</b> Monday Monday Tues./Fri. Thursday	9am/12:30pm 12:30 pm 9:00 am 12:00 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	<b>LUISA</b> Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm		<b>VENTANA DE VIDA</b> Daily Mon. thru Fri. Monday Tuesday Wednesday Wednesday Friday	10:00 am 10:00 am 1:15 pm 1:15 pm 1:00 pm 4:00 pm 1:15 pm
Exercise Pool/Cards Bingo Leatherwork Movie Day Ceramics Quilting Sounds of the Past (English) Sing-A-Long	<b>M.E.G.</b> Mon. thru Fri. Mon. thru Fri. Mon./Wed. Tuesday 2nd Tuesday Wed./Fri. Thursday Thursday Friday	7:30 am 8:00 am 1:00 pm 9:00 am 1:00 pm 9:30 am 1:00 pm 11:30 am 11:30 am	Coffee Social Ceramics Open Crafts Clay Bingo	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed./Fri. Mon./Wed./Fri. Mon./Wed. Tues./Thur.	8:00 am 9:30 am 9:00 am 9:00 am 11:00 am

Classes are subject to change or cancellation. For more information, please call 955-4725.

# ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.  
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

## ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday

## BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.

## BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

## CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed./Fri.

## CLAY

Villa Consuelo	9:00 am	Mon./Wed.
M.E.G.	9:30 am	Tuesday

## COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

## CROCHET/EMBROIDERY

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday

## EXERCISE

Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.

## GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

## LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:30 pm	Tuesday

## LEATHERWORK

Edgewood	1:00 pm	Wednesday
M.E.G.	9:00 am	Tuesday

## MOVIE DAY

Luisa	1:00 pm	Last Wednesday
M.E.G.	1:00 pm	4th Tuesday

## OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri.
Ventana de Vida	1:15 pm	Friday

## PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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## POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

## QUILTING/SEWING

Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	11:30 am	Thursday

## SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:00 am	Tuesday
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	11:30 am	Monday
M.E.G. (Spanish)	11:30 am	Friday
M.E.G. (English)	11:30 am	Thursday

## SPANISH (Conversational)

Pasatiempo	9am/1pm	Tuesday
Ventana (Beginning)	1:00 pm	Wednesday

## TAI CHI

Pasatiempo	9:00 am	Thursday
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## TOASTMASTERS

Ventana de Vida	4:00 pm	Wednesday
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## WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Monday
Chimayo	12:30 pm	Monday

## WOOD CARVING/STRAW APPLIQUE

Temporarily cancelled

## YOGA

Pasatiempo	8:30 am	Tuesday
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# SENIOR OLYMPICS corner

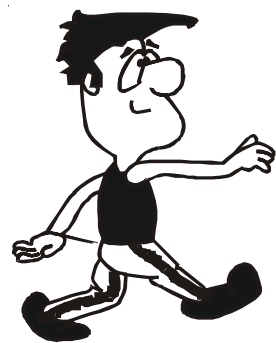
## Sometimes Less is More

(By senior Bill Greaves, Santa Fe Senior Olympic Committee member)

Two excellent football teams duked it out last month in perhaps the most exciting Super Bowl game Americans have ever had the pleasure of witnessing.

But I express myself too mildly. After a lackluster twenty minutes of play, a flurry of fireworks continued to burst before our eyes. The Patriots would take the lead. Then the Panthers would come right back, once on a fantastic passing play which went for a touchdown of ninety yards. Then New England would score to take command. They looked like a cinch to take the victory. But Carolina, with fierce determination and a never-say-die attitude, tied the game up. Both teams fought with courage and great ability. In the end, with hoarse-voiced fans cheering at one spectacular play after another, New England nailed a field goal for the win. Both teams were spectacular; it was tragic that either one had to lose.

However, the afternoon was tainted by the half-time show goings-on. The game is the thing. Next year I just want to see the ball game, without the half-time show. As far as Senior Olympics goes, let's keep our emphasis on playing the game as well as we can and let's have as much fun as we can. Let's keep the frills in the background. Sometimes, less is more.



## Race Walking for Fitness and Health

Joe Armbruster, a long-time veteran race walker, announces a race walking clinic on May 1, 2004. Joe will be assisted by Judy Klemmer, who is a much respected coach and trainer.

The exact setting for the event is not known for sure at this time, but it will be announced in the April newsletter.

People of all ages will benefit from race walking, Joe says, in terms of improved physical fitness and a feeling of well-being.

May 22, 2004 will be the Senior Olympic fitness/Race Walking event.

For information, call Joe Armbruster at 466-1118.

## Reflection Time

Memories, important yesterday, were once today's. Treasure and notice today. -Gloria Gaither

Hasta abril, mis amigos!



## 26<sup>th</sup> Annual Senior Olympics is Fast Approaching

(By senior Walter J. Backus, Chairman, Santa Fe Senior Olympics Advisory Committee)

Santa Fe Senior Olympics is fast approaching. Let's hope you are all in tip-top shape to compete in the games here in Santa Fe.

The first event will be bowling, on March 30 & 31, and on April 1 & 2. Let's hope all you bowlers are ready for these events. The next event will be swimming and you better start now if we expect to win any medals.

Table tennis will be at Fort Marcy on April 14. Then, we have air gun and air pistol for the next three days.

Then comes racquetball, 8 ball pool, tennis, basketball and free throw contest, and then 3 on 3 basketball. Don't forget Kitchen Band, dance and talent shows. Track and field events and race walk will be in May this year, as will softball.

Check your program if you are in doubt.



# SENIOR CENTERS MEMBERSHIP INFORMATION

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## Do you have a white Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

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### THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR MARCH 2004:

<b>M.E.G. Center</b>	Tuesdays	March 2, 9, 16, 23, 30	<b>9:30 to 12:00 &amp; 1:30 to 3:00</b>
<b>M.E.G. Center</b>	Thursdays	March 4, 11, 18, 25	<b>9:30 to 12:00 &amp; 1:30 to 3:00</b>

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## HEALTH

### BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

*All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.*

Tests this month will be conducted on the following dates:

<b>M.E.G. Center</b> - First & Second Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>March 2 &amp; 9</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>March 4</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>March 11</b>	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo Center</b> - Third Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>March 16</b>	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>March 18</b>	11:00 a.m. to 12:00 noon
<b>Edgewood Center</b> - Every Thurs. (Tests conducted by Valerie Dorcy, RN)	<b>March 4, 11, 18, 25</b>	1:00 p.m. to 3:00 p.m.
<b>El Rancho Center</b> - Second Mon. (Tests conducted by Jerry Davis, RN)	<b>March 8</b>	10:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed. (Tests conducted by Frances Vigil, RN)	<b>March 17</b>	11:00 a.m. to 1:00 p.m.

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# HEALTH

## Older and Overweight? Don't Sweat It

(From *Healthy Aging*, Spring 2002)

If you're older and overweight, researchers have good news for you.

They've found that, in general, older adults who are a little overweight do not have an increased risk of dying prematurely.

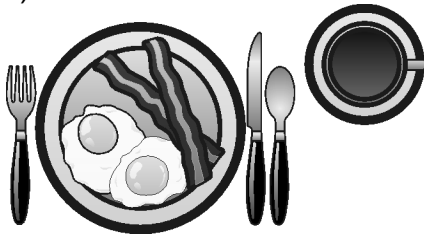
That is not to say, however, that being very overweight is okay. Obesity- at any age- is a risk factor for premature death.

### SENIOR FITNESS

## Breakfast Eaters Lose More Weight

(By James M. Evans)

**DEAR JIM:** You mentioned in a previous column that people who eat breakfast lose



weight and maintain their weight easier than those who skip breakfast, so I started eating breakfast again after many years. I HAVE lost a couple of pounds so far, but surely there has to be more to losing weight than just eating breakfast. It can't be that simple. DUBIOUS IN DES MOINES

**DEAR DUBIOUS:** Of course, there is more to losing weight than just eating breakfast, but it's a good start. You still have to watch your fat intake (grams of fat – not percentage of fat), and you should be exercising on a regular basis. There is another little "trick" that you might try too.

Since your metabolism is four times faster from 6 to 10 AM than from 6 to 10 PM, you could potentially alter your weight by as much as 25 pounds a year by eating the same thing every day but at different times. In other words, if you ate your "dinner" for breakfast – and vice versa – it might make a difference too. However, this may be harder than you realize because most of us have been "socialized" about when and what to eat.

## Poison Prevention for Seniors

(From the Maternal and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services)

Seniors are most commonly poisoned by medicines, because

- When taking many medicines, seniors may get confused and take them incorrectly.
- Seniors may forget that they took their medicine and take it again.
- Seniors may mix prescription medicines with over-the-counter medicines or herbal preparations that could be harmful when taken together.
- As the body grows older, the kidneys and liver (which are responsible for eliminating most drugs from the body) function less effectively. As a result, the drugs leave the body more slowly.
- Poisoning may be complicated by the presence of pre-existing medical problems like heart or lung disease, arthritis, hypertension, and hearing or visual difficulties.

### First Aid for Poisoning

*Has the person collapsed or stopped breathing?*  
Start CPR and call 911 or your local emergency number right away.

*Poison in the eyes?*

Remove contact lenses (if worn)

Rinse the eyes with running water for 15 to 20 minutes.

Call 1 (800) 222-1212

*Poison on the skin?*

Take off any clothing that the poison touched.

Rinse the skin with running water for 15 to 20 minutes. Soap may help.

Call 1 (800) 222-1222

*Inhaled poison?*

Get to fresh air right away.

Call 1 (800) 222-1222

*Swallowed the wrong medicine or too much medicine?* (like a household medicine or plant)

Drink a small amount of milk or water.

Call 1 (800) 222-1222

## Health Tips

(From *Healthy Aging*, spring 2002)

### If you have diabetes, wear a “dreamy” pair of shoes

If you have diabetes and are having trouble with your feet because of poor circulation and nerve damage, there may be help for you in the form of custom-made shoes. Most people aren't aware of this service- called the Therapeutic Shoe Program. It's covered by Medicare. Under this program, people are entitled to one pair of special shoes each year-along with a custom fitting by a podiatrist or shoe specialist called a pedorthist- and two sets of inserts.

While these shoes are a comfortable custom fit, many of the sneakers made today are also fine for people with problem feet. They are made with more padding and support than in years past.

In addition to getting a good fit in shoes, people with diabetes should be vigilant about inspecting their feet every day for small cuts or sores.

Because of nerve damage, these are often not felt until they become a serious problem.

Sources: American Diabetes Association; Medicare

### Coffee and Heart Health

Unhealthy cholesterol and high levels of homocysteine (which damages arteries) may put you at risk for heart disease. Diet and exercise work for many people to bring homocysteine and cholesterol back into healthy ranges.

But, if you are a heavy coffee drinker, there may be one more thing you can try: cutting back on your consumption of coffee. Recent research has found that drinking more than three or four cups of coffee a day can elevate unhealthy cholesterol and homocysteine levels. No matter how the coffee is brewed (e.g., filtered, boiled) it seems to adversely affect cholesterol and homocysteine, although unfiltered coffee has a more pronounced effect.

Source: *American Journal of Clinical Nutrition*

## Hormones and Sleep

Are you postmenopausal, taking hormones, and having trouble sleeping?

Maybe you need to switch to a different kind of progesterone.

In one study, women who were given .625 mg Premarin and 200 mg Prometrium (a natural progesterone) reported better sleep overall than the women who took .625 mg Premarin and 5 mg Provera (a synthetic progesterone). Monitored in a sleep lab, the Prometrium group had more restful sleep and fewer awakenings during the night.

Source: *Menopause*, Vol. 8, pg 10

## Calcium & Vitamin D Information

(From St. Vincent Hospital)

To get 1,000 to 1,200 mg of calcium a day, eat three low-fat dairy products (you get about 200 mg from miscellaneous foods). For each calcium-rich food you don't eat, get 300 mg of calcium from a supplement or a *healthy* fortified food like calcium-fortified orange juice.

All forms of calcium in supplements are well-absorbed. The differences: calcium citrate malate is best absorbed, but calcium carbonate is the most concentrated, so you get more per tablet.

If it's convenient, take your calcium supplements with meals, ideally in doses of 500 mg or less.

Make sure you get enough vitamin D from the sun, a multivitamin or other supplement, and/or milk (each cup has 100 IU).

If you are age 51 to 70, aim for a total of 400 IU. If you are over 70, shoot for 600 IU. Do not exceed 2,000 IU a day.

To get vitamin D from the sun, expose your non-sun screened hands, face and arms for 10 to 15 minutes- or less if you might burn- two to three times a week between 8:00 a.m. and 4:00 p.m.

For more information check out the National Academy of Sciences' home page at [www.nas.edu/newsrpt](http://www.nas.edu/newsrpt)

## *Rx-America Group, Inc.*

a non profit organization

*Rx-America Group, Inc.* is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

*\*This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

Best Time to Call: \_\_\_\_\_ Home Bound? \_\_\_\_\_ Yes \_\_\_\_\_ No

Prescriptions

Dosage (in ml. or mg.)


# PUZZLES

## 73 CROSSWORD

### ACROSS

1. Have on, as clothing
5. Bashful
8. Thorny-stemmed flower
12. A Great Lake
13. Tiny
14. Like 2, 4, or 6
15. Good buys
17. Conduct (an orchestra)
18. Intention
19. Semesters
20. Oscar or Emmy
23. Scheme
25. Set (a plane) down
26. Rehearse
30. In the past
31. Swoon
32. See 5-Across
33. 20 years to life, perhaps
35. Tow-away —, where not to park
36. Detest
37. Digs for coal
38. Long's opposite
41. Plant fluid

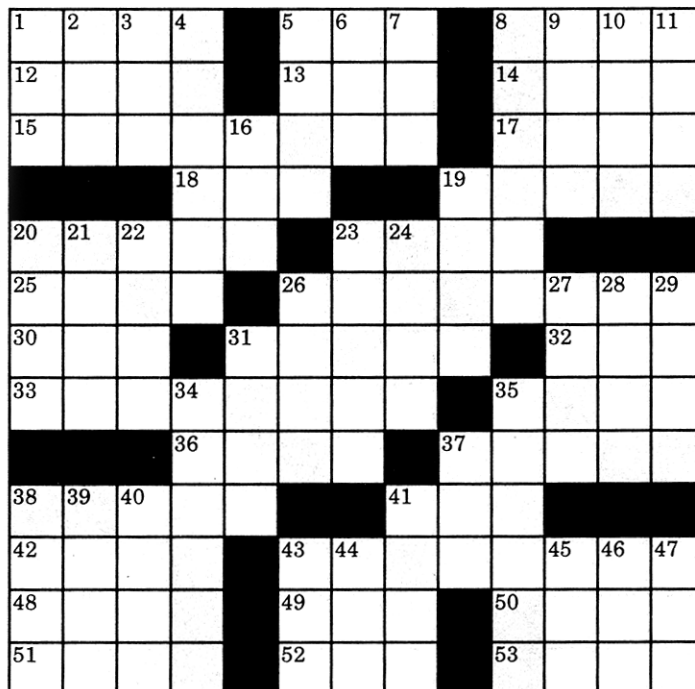
42. Citrus fruit
43. Hones
48. Thought
49. Long, long time
50. Wicked
51. Repair
52. Ram's mate
53. Depend (upon)

8. Give in; yield
9. Concluded
10. Garment line
11. Terminates
16. Assist
19. Diplomacy
20. "Woe is me!"
21. Carry on (a war)
22. Shortly
23. Cost
24. Country road

### DOWN

1. Spider's trap
2. Historic period
3. Ventilate
4. Consider
5. What fish do
6. Chick's mom
7. "Absolutely!"

26. Breathe heavily
27. Sacred image
28. Ice-cream holder
29. "Peepers"
31. Daring deed
34. Sewing-kit item
35. Sliding fastener
37. Deface
38. Slender
39. Conceal
40. Prophetic sign
41. Of sound mind
43. Use your 29-Down
44. In what way?
45. Miss Arden
46. Nothing
47. Cunning



**Solution is on  
page 141**

# PUZZLES continued

## 187 CLEAN DANCING

ALLEMANDE  
BEGUINE  
BOLERO  
BOURREE  
CAKEWALK  
CHARLESTON  
CLOG  
CONGA  
FANDANGO  
FLING  
FRUG  
GALLIARD  
GALOP  
GAVOT  
HABANERA  
HORNPIPE  
HULA  
JIG

JOTA  
LAMBADA  
LINDY  
MAMBO  
MAZURKA  
MINUET  
POLKA  
POLONAISE  
QUADRILLE  
REEL  
RIGADOON  
RUMBA  
SAMBA  
SARABAND  
SHIMMY  
STRATHSPEY  
TANGO  
TARANTELLA

X H T X J U C G O L C N Y W N F R U G R K H N U A I A  
X M B O M D G N O P W M E C R M L L Y S E A G U A A K  
O A T E G L K M R O L J P V W O K A R A V E A P R L L  
G Z S I G H V H E L M G S K G P E M I R X E L V E L O  
N U J A Q U I M L O H F H X E E L B G A S E L Z N E P  
A R R B M U I I O N G S T U E Q K A A B O L I I A T Y  
T K I K H B J N B A M N A R A F P D D A G L A B B N H  
O A Z S J H A N E I U H R I L D O A O N N I R G A A J  
B E P I P N R O H S V U T S U P L Y O D A R D N H R O  
M T A T G M I X O E O C S W H K A O N P D D E I K A T  
A E I A C O N G A B O Y D N I L G Y X H N A G L G T A  
M Y V A L L E M A N D E C A K E W A L K A U Q F E T T  
I O S T E U N I M L I F U I F Z N M E W F Q M X A F Z  
T Z L N R U M B A X N O T S E L R A H C Z Y M M I H S

# PUZZLE answers

## CROSSWORD 73

W	E	A	R		S	H	Y		R	O	S	E
E	R	I	E		W	E	E		E	V	E	N
B	A	R	G	A	I	N	S		L	E	A	D
			A	I	M			T	E	R	M	S
A	W	A	R	D		P	L	A	N			
L	A	N	D		P	R	A	C	T	I	C	E
A	G	O		F	A	I	N	T		C	O	Y
S	E	N	T	E	N	C	E		Z	O	N	E
			H	A	T	E		M	I	N	E	S
S	H	O	R	T			S	A	P			
L	I	M	E		S	H	A	R	P	E	N	S
I	D	E	A		E	O	N		E	V	I	L
M	E	N	D		E	W	E		R	E	L	Y

187

.	.	.	.	.	G	O	L	C	.	Y	.	.	F	R	U	G	R	.	.	.	.	A				
.	M	B	.	.	.	.	O	P	.	E	.	.	.	L	.	S	E	.	G	.	A	A	K			
O	A	.	E	G	.	.	R	O	.	P	.	.	.	A	R	A	.	E	A	.	R	L	L			
G	Z	S	I	G	.	.	E	L	.	S	.	.	.	M	I	R	.	L	.	E	L	O				
N	U	J	A	.	U	.	L	O	.	H	.	.	E	.	B	G	A	.	E	L	.	N	E	P		
A	R	.	M	.	I	.	O	N	.	T	.	E	.	A	A	B	O	L	I	.	A	T	.			
T	K	.	.	B	.	N	B	A	.	A	R	A	.	P	D	D	A	G	L	A	.	B	N	.		
O	A	.	.	.	A	.	E	I	.	R	.	L	.	O	A	O	N	N	I	R	G	A	A	J		
B	E	P	I	P	N	R	O	H	S	.	U	T	.	U	.	L	.	O	D	A	R	D	N	H	R	O
M	.	.	G	.	.	.	E	O	.	S	.	H	.	A	.	N	.	D	D	.	I	.	A	T		
A	.	.	A	C	O	N	G	A	B	.	Y	D	N	I	L	G	.	.	N	A	.	L	.	T	A	
M	.	V	A	L	L	E	M	A	N	D	E	C	A	K	E	W	A	L	K	A	U	.	F	.	.	
.	O	.	T	E	U	N	I	M	.	.	.	.	.	.	.	.	F	Q	.	.	.	.	.	.	.	
T	.	.	R	U	M	B	A	.	N	O	T	S	E	L	R	A	H	C	.	Y	M	M	I	H	S	



## **Mandatory Annual Nutrition Assessment**

The Area Agency on Aging has mandated that all seniors who eat at any of the Division of Senior Services congregate meal sites located within the City or County of Santa Fe must fill out the following Congregate Meals Nutrition Assessment form every year.

Note: This information will remain entirely confidential between you and the Nutrition staff member who will follow up on the assessment.

### **INSTRUCTIONS:**

- Please carefully tear the form from your newsletter before filing it out.
- Enter your name, the date and the ID number from your Senior Identification card.
- Read the questions on the form and circle the number under your answer (“yes” or “no”) for each question.
- Then, add up only the numbers that you circled, in order to get your score.
- When you are finished, please give your form to your meal site cook who will give it directly to the Nutrition staff member.

If you would like assistance (in English or Spanish) with filling out this form, please call Gloria Polaco at 955-4721.

It is a requirement that ever senior who eats at our centers complete and turn in this form once every year.

Thank you for your cooperation.

## CONGREGATE MEALS Nutrition Assessment

**(Circle your answers and add up your score) YES NO**

I have an illness or condition that makes me change the kind and/or the amount of food that I eat.	2	0
I eat 2 or more meals per day.	0	3
I eat fruits and vegetables every day.	0	1
I eat dairy products every day.	0	1
I have 3 or more drinks of beer, liquor, or wine almost every day.	2	0
I have tooth or mouth problems that make it hard for me to eat.	2	0
I can always afford to pay my bills and buy the food that I eat.	0	4
I eat alone most of the time.	1	0
I take 3 or more different prescribed or over-the-counter drugs a day.	1	0
Without wanting to, I have lost or gained 10 lb. in the last 6 months.	2	0
I am always able to shop, cook, and/or feed myself, or get the help that I need.	0	2

### TOTALS

COMBINED TOTAL: \_\_\_\_\_ (Add YES and NO columns)

Total Your Nutrition Score. If it is:

- |                    |   |
|--------------------|---|
| 0 – 2 <b>GOOD!</b> | Recheck your Nutritional Score in 6 months.   |
| 3 – 5              | You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyles. Your area agency on aging, senior nutrition program, senior citizens center or health department can help. Recheck your Nutritional Score in 3 months. |
| 6 or more          | You are at high nutritional risk. Bring this checklist the next time you see your doctor, dietitian, or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health. |

# SENIOR CENTER BREAKFAST MENU

## FEBRUARY 2004

<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
<b>2</b> SAUSAGE BURRITO ORANGE JUICE LOW FAT MILK	<b>3</b> PANCAKES PANCAKE SYRUP PORK BACON ORANGE JUICE LOW FAT MILK	<b>4</b> OATMEAL OR CREAM OF WHEAT RAISINS TOAST AND JELLY ORANGE JUICE LOW FAT MILK	<b>5</b> HUEVOS RANCHEROS HOME FRIES ORANGE JUICE TOAST LOW FAT MILK	<b>6</b> FRIED EGG HASHED BROWNS WHEAT TOAST WITH JELLY ORANGE JUICE LOW FAT MILK
<b>9</b> EGG, HAM AND CHEESE ON ENGLISH MUFFIN ORANGE JUICE LOW FAT MILK	<b>10</b> FRIED EGG HASHED BROWNS WHEAT TOAST WITH JELLY ORANGE JUICE LOW FAT MILK	<b>11</b> BUTTERMILK WAFFLE WITH STRAWBERRY TOPPING AND SYRUP ORANGE JUICE LOW FAT MILK	<b>12</b> COLD CEREAL TOAST AND JELLY ORANGE JUICE LOW FAT MILK	<b>13</b> FRENCH TOAST WITH SYRUP HAM APPLE SLICES ORANGE JUICE LOW FAT MILK
<b>16</b> SAUSAGE BURRITO ORANGE JUICE LOW FAT MILK	<b>17</b> PANCAKES PANCAKE SYRUP PORK BACON ORANGE JUICE LOW FAT MILK	<b>18</b> OATMEAL OR CREAM OF WHEAT RAISINS TOAST AND JELLY ORANGE JUICE LOW FAT MILK	<b>19</b> HUEVOS RANCHEROS HOME FRIES ORANGE JUICE TOAST LOW FAT MILK	<b>20</b> FRIED EGG HASHED BROWNS WHEAT TOAST WITH JELLY ORANGE JUICE LOW FAT MILK
<b>23</b> EGG, HAM AND CHEESE ON ENGLISH MUFFIN ORANGE JUICE LOW FAT MILK	<b>24</b> FRIED EGG HASHED BROWNS WHEAT TOAST WITH JELLY ORANGE JUICE LOW FAT MILK	<b>25</b> BUTTERMILK WAFFLE WITH STRAWBERRY TOPPING AND SYRUP ORANGE JUICE LOW FAT MILK	<b>26</b> COLD CEREAL TOAST AND JELLY ORANGE JUICE LOW FAT MILK	<b>27</b> FRENCH TOAST WITH SYRUP HAM APPLE SLICES ORANGE JUICE LOW FAT MILK

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.